

## Practical self-care activities

Practical ways we can weave it into our daily lives – here's a checklist and it's not exhaustive – which of these do you do, and what could you do more of?

Perhaps pick a different one each day/week and see how you find it? Or find some of your own, use that calm brain to get creative!

Activity	
Pause for 30 secs after each meal, or, or after each task you have completed -rewire your habits	
Encourage mind refuge – no negative self-chatter – even if it's just for 30 seconds	
Sit in silence for one minute at the end of each day, set a timer for your practice	
Take three deep in and out-breaths and see if you can follow each breath in and out	
Go for a walk in nature – listen to the sounds you can hear, look at the trees/flowers/wildlife	
Sit and look at the sky for a few minutes, what do you notice?	
Get organised! Getting into routines – keys in the same place when you get home, reminders written down, a planner for weekly meals – whatever it is that supports your self-care so that you find less anxiety/last-minute woes, healthier meals, better lifestyle choices	
Do not take on too many stressors or challenges at once – enthusiasm is wonderful, but you must keep yourself topped up and have space just to relax	
Eat something healthy e.g. a piece of fruit or veg with every meal	
Slow an activity you do right down – drinking a drink, eating something you really enjoy and savour it	
Get a full eight hours of sleep, notice how you feel the next day?	
Pay something forward – opening a door for someone, smiling and saying thanks, make a colleague a drink, if you notice litter pick it up and throw it in a bin	
Keep a gratitude diary, what has happened today that you feel grateful for, keep it simple – just three things each day e.g. A warm cup of tea to start the day A text from a friend A smile from a stranger	
Make room for joy – however that manifests for you	
Sit in silence for a few minutes – no TV, phone, music, etc	
Empower yourself to say no, politely and courteously but in a way that is simple! Thank you, but no thank you. Remember you don't need to justify yourself to anyone.	

Reminder: we can all give ourselves permission to clock off even if it's just a few minutes each day from being accountable and simply just being in the moment  
Keep it interesting too play around with it, talk to others, set yourself a different challenge each week